

REGISTRATION

To register, please complete both sides of this form and return it with your payment to the address below by **April 1, 2018**. Or, register online at umm.edu/withinourreach. Seminar space is limited and will be filled on a first-come, first-served basis.

Please submit registration form and payment to:
University of Maryland
Parkinson's Disease & Movement Disorders Center
Department of Neurology
110 South Paca Street, 3rd Floor
Baltimore, MD 21201

Are you a:

- Care Partner Patient
 Health Care Worker Other

Luncheon Menu:

House garden green salad with choice of dressing
Herb roasted chicken breast, mashed potatoes, green beans, balsamic onion and tomato glaze
Smith Island cake

Please check if you have any special dietary restrictions:

- Vegetarian Dairy-free
 Gluten-free Kosher

The Movement Health Fair:

10:45 am -12:00 pm (Choose 2)

Please select your top two choices for a Movement Health Fair activity (letters in parentheses indicate level of intensity). We will try to accommodate everyone's preferences, but space is limited and assignments will be made on a first-come, first-served basis. L=Low / M=Moderate / I=Intense

- ___ Tai Chi (L/M) ___ Pickle Ball (M/I)
___ Boxing (M/I) ___ Yoga (L/M)
___ Dance (L/M) ___ Parkinsonics (L)

Afternoon Breakout Session:*

1:45 - 3:00 pm (Choose 1)

- The Power of Attorney — Legal Moves
 Mind Games — Cognition
 Beyond the Court — Research 101

*Session topics and presenters are subject to change.

Continued on reverse side.



UNIVERSITY of MARYLAND

"To get through the hardest journey and continue living, we need to take only one step at a time, but we must keep stepping."

— CHINESE PROVERB

Attendees Describe Why the Within Our Reach Symposium is Different:

"This conference is presented by and for people with Parkinson's. It is designed to address the quality of life questions that face us as patients, and it does so in a thoughtful, engaging way, with a sense of fun and community."

— Len, retired lawyer and research advocate,
Reisterstown, Maryland

"This seminar allows me to network with other Parkinson's patients to discuss how they manage their Parkinson's symptoms, while also energizing me by showing me that I am not alone in this journey. The sessions are fun and exciting, and I can interact directly with thought leaders and experts in the Parkinson's field."

— Chris, Territory Sales Manager,
York, Pennsylvania

"An inspiring keynote speaker and well-thought-out workshops make this an event I'd highly recommend to folks associated with PD in any way. It's also a great place to reconnect with PwP that we've met/seen over the years."

— Lynnette, retired children's pastor and
Rock Steady Boxing advocate, Bel Air, Maryland

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UNIVERSITY of MARYLAND

Parkinson's Disease & Movement Disorders Center
Department of Neurology
110 South Paca Street, 3rd Floor
Baltimore, MD 21201

University of Maryland Annual *Within OUR Reach* Parkinson's Disease Symposium

UNIVERSITY OF MARYLAND
ANNUAL PARKINSON'S DISEASE SYMPOSIUM

Within
— OUR —
Reach

SLAM DUNK!

KEYNOTE SPEAKER:
BRIAN GRANT, FORMER NBA PLAYER



UNIVERSITY
of MARYLAND

apda AMERICAN
PARKINSON DISEASE
ASSOCIATION
Strength in optimism. Hope in progress.

Friday, April 13, 2018

New Location: BWI Hilton
1739 West Nursery Road | Linthicum, MD 21090

A diagnosis of Parkinson's Disease is life-changing. The impact is far-reaching — not just for the patient, but for his or her family, friends and medical team. Whether you're newly diagnosed and experiencing some disconcerting symptoms, are managing symptoms as the disease progresses, or have been living with it for decades, your journey requires strategy, strength and perseverance.

In honor of our keynote speaker, this year's Parkinson's Disease symposium features a basketball theme, and you'll find seminars and discussions that will help you create your game plan for the fight against Parkinson's. The day will feature information about treatments and solutions and give you a chance to interact with expert physicians from the University of Maryland Movement Disorders team.



Join us for the sixth annual **Within Our Reach Parkinson's Disease Symposium: Friday, April 13, 2018 • 8 AM – 3 PM BWI Hilton**
1739 West Nursery Rd., Linthicum, MD 21090

The symposium will feature:

MATCH-UP: Don't be benched fighting PD. Learn the moves, strategies and solutions to address your symptoms.

PROGRAM: Former NBA player Brian Grant is our keynote speaker, and his basketball affiliation inspired this year's symposium theme. Diagnosed with PD at age 36, Brian has created a lifestyle suitable for him and his family of eight children, as he deals with the PD Challenge. Our physicians from the University of Maryland and a variety of health care experts will join us.

QUARTERS: Get ready for some action-packed events throughout this day-long symposium. You're invited to do more than sit on the sidelines — get moving and playing with:

- **JeoParDy:** back by popular demand
- **Brian Grant Keynote address**
- **Movement Fair:** extended classes for physical activity and voice coaching (*Pre-registration required*)
- **Panel Discussion**
- **Seminars:** (*Pre-registration required*)

TIME-OUTS: Symposium participants can enjoy restful time-outs with a continental breakfast, snacks and a sit-down lunch. In addition, visit the Vendor Fair to learn about industry products, and enjoy a quiet respite in the Stress-Free Zone, where you can sign up for a chair massage. (Be sure to schedule on-site upon your arrival.)

SYMPOSIUM SCHEDULE OF EVENTS

7:45 AM	Warm-up Registration: Pick up packets, nametags and schedule chair massages, which will be available in 15-minute time slots between 10:15 am and 12 pm. Breakfast Opens	10:45 AM – 12:00 PM	Time-Out: Stress-Free Zone & Vendor Tables Visit the Stress-Free Zone to enjoy chair massages, guided meditation, and relaxation techniques. Sign up for sessions during registration. Symposium sponsors and PD vendors will showcase products and treatments and representatives will be available for discussion.
8:00 AM	Starting Buzzer Welcome Remarks & Team Introductions <i>Lisa Shulman, MD</i>	12:00 PM	Lunch A seated lunch will be served in the main ballroom. Please be sure to complete the dietary portion of your registration card for any special meals.
8:15 AM	Jump Ball JeoParDy Back by popular demand, this dynamic, interactive game-based seminar will challenge your knowledge of PD symptoms, treatments and resources. Rack up some points for your team by knowing the answers or asking some questions to challenge the coaches! <i>Hosts: Joseph Savitt, MD, PhD; Friedrich Rainer von Coelln, MD</i>	1:00 PM	Free Throw Practice with Symposium All-Stars Meet the team of key physicians who can answer your questions on all things PD. <i>Line-up: Lisa Shulman, MD; Stephen Reich, MD; Paul Fishman, MD, PhD</i>
9:15 AM		1:45 – 3:00 PM	
9:15 AM	SLAM DUNK! <i>Keynote speaker: Brian Grant</i> Former NBA player Brian Grant was diagnosed with PD at age 36. The now 45-year-old father of eight offers his insight on the importance of movement, exercise and nutrition in PD, as well as some inspirational stories about his journey.	Fourth Quarter Press: Breakout Sessions (choose one)	
10:15 AM	Fast Break Opportunity for photos with Brian Grant and coffee break Visit Vendor Fair and Stress-Free Zone	<p>» The Power of Attorney — Legal Moves Make sure your legal papers are in order, including power of attorney, wills, advance directives, and more. <i>Host: Elizabeth A. Green, Esq</i></p> <p>» Mind Games — Cognition Your body is affected by your mind and your environment. Discuss some of the techniques patients use and learn how to maintain your general physical and mental health as long as possible. <i>Host: Friedrich Rainer von Coelln, MD</i></p> <p>» Beyond the Court — Research 101 Research studies can be beneficial to both the researcher and the patient. Learn what it takes to find these trials and to participate in them. <i>Host: Michelle Cines, RN, MS, CCRC</i></p>	
10:45 AM – 12:00 PM		10:45 AM – 12:00 PM	
Show Us Your Moves: Movement Health Fair		10:45 AM – 12:00 PM	
<p>Join movement specialists to learn strategies that can make a difference in your daily life, both physically and mentally. Spend 60 minutes working out with your choice of movement skills:</p> <p>» Tai Chi (Movement Level: Low/Moderate) Center yourself with the intentional movement of this martial art. <i>Host: Sean Vasaitis, PhD, MS, EHS</i></p> <p>» Boxing (Movement Level: Moderate/Intense) Try some fancy footwork and punch the bags with Rock Steady Boxing. <i>Host: Tyler Maguire, NSPA and Rock Steady Boxing certified personal trainer</i></p> <p>» Dance (Movement Level: Low/Moderate) Whether you're going solo or partnering up, you should be dancing! <i>Host: Ellen Talles, LCSW-C, BC-DMT, BFA</i></p> <p>» Yoga (Movement Level: Low/Moderate) It's a balancing act that stretches your body and calms your mind. <i>Host: Carl Schuetz</i></p> <p>» Pickle Ball (Movement Level: Moderate/Intense) Improve hand-eye coordination and muscle memory with the newest craze! <i>Host: Charlie Brown, PhD</i></p> <p>» Parkinsonics (Movement Level: Low) If moving isn't on your agenda, practice raising your voice in song! <i>Host: Leo Wanenchak</i></p>			

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ATTENDEES:

NAME (AS IT SHOULD BE PRINTED ON YOUR NAMETAG) _____

EMAIL ADDRESS _____

NAME _____

EMAIL ADDRESS _____

NAME _____

EMAIL ADDRESS _____

Cost: \$40 per person by April 1, 2018
(includes continental breakfast, seated luncheon and snacks)

\$50 per person after April 1, 2018 and at the door, space permitting.

Please make check payable to:
University of Maryland Baltimore Foundation, Inc.

Your generous donations support our innovative research to improve the quality of life of people and families living with Parkinson's Disease. Donors of \$100 or more will receive a special invitation to a dessert reception with Brian Grant following the symposium luncheon, as well as an invitation to our annual Friends of Movement Disorders educational event and reception to be held in May.

Enclosed is my additional donation of \$ _____ to the Maryland Parkinson's Disease and Movement Disorders Center.

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